

## Rehabilitative Qigong & Tai Chi for Pulmonary Health Certification Objectives and Course Outline

### Course Objectives

By the end of this course, the participant will correctly coordinate the use of body, breath, and vision RQTC principles in seated and standing positions with adult pulmonary health clients.

By the end of this course, the participant will appropriately demonstrate the eight meditative movements of the Qigong for Pulmonary Health program in the treatment of adult, pulmonary health clients.

By the end of this course, the participant will independently integrate the use of 3 mindfulness strategies during treatment of adult, pulmonary health clients.

By the end of this course, the participant will correctly articulate the continuum of self-massage Rehabilitative Qigong practices with adult, pulmonary health clients.

By the end of this course, the participant, supported by research will independently justify the use of Rehabilitative Qigong & Tai Chi as an evidence based method in the treatment of adult, pulmonary health clients.

### **Course Outline (total 15 hours)**

#### Day 1

8:00-8:45am

Rehabilitative Qigong & Tai Chi Principles/QPH Review (lecture)

8:45-9:15am

Review of Common Pulmonary Health Conditions (lecture)

- Obstructive vs. restrictive disease

9:15-10:00am

QPH Posture/Warm Up/Part 1: Seated (lab)

- Mobilize Qi – (Shaking Hands/arms/bouncing/tapping)
- L1 massage Trace Lung Meridians
- RTG with all points
- Flowing motion
- Wind in Bamboo
- Heart Opening (progressive muscle relaxation)
- Lung Cleansing
- Bathing Breath

10:00-10:15am

Break

10:15-10:45am

QPH Self Massage (lecture/lab)

- Physiologic Benefits
- Reflexology Theory
- Techniques (LU 9, LI 4, TB 15, CV 17/22)

10:45-11:15am

QPH Breathing Basics (lecture/lab)

- Physiology: energy, immune, lymph, ANS
- Essential breath
- Abdominal with Pursed Lip: long, slow, deep
- Coordinated, rooted, lymph, paced

11:15-12:00pm

QPH Posture/Warm Up/Part 1: Standing (lab)

- Mobilize Qi – (Shaking Hands/arms/bouncing /tapping)
- L1 massage Trace Lung Meridians
- RTG with all points
- Flowing motion (CB/PB)
- Wind in Bamboo (CB)
- Heart Opening (progressive muscle relaxation LB)
- Lung Cleansing (CB/PB)
- Bathing Breath w/ meditation (RB)

12:00-1:00pm

Lunch

1:00-1:30pm

QPH Meta-Analysis Research Review (lecture)

1:30-2:00pm

QPH Part 2 Movements: Sitting/Standing (lecture/lab)

- Cloud Hands
- Between Heaven & Earth
- Gathering from Earth & Sky

2:00-2:30pm

Small Group Practice Break Out (lab)

- Seated/Standing
- Choose 2-4 components
- Feedback Model

2:30-2:45

Break

2:45-3:15pm

QPH Meditation (lecture/lab)

- Physiology Review
- Mindfulness in Rehabilitation Policy Reform paper
- Lung Cleansing guided visualization

3:15-4:15pm

Enhancing Balance in Clients with Pulmonary Health Conditions (lecture/lab)

- Tai Chi handling principles
- Sensing hands rounds
- Sitting/standing combinations

4:15-5:00pm

Mental/Emotional Considerations in Pulmonary Conditions (lecture)

- Qigong for Emotional Balancing framework

## **Day 2**

8:00-8:30am

Medical Qigong Continuum (lecture)

- Global, Regional, Local
- Self-Massage (holding, directing, tracing continuum)

8:30-9:15am

Complete QPH Flow: Part 1&2 (lab)

- Mobilize Qi – (Shaking Hands/arms/bouncing/tapping)
- L1 massage Trace Lung Meridians
- RTG with all points
- Flowing motion
- Wind in Bamboo
- Heart Opening (progressive muscle relaxation)
- Lung Cleansing
- Cloud Hands
- Between Heaven & Earth
- Gathering from Earth & Sky
- Bathing Breath (w/ Lung Cleansing Meditation)
- Self-Massage (w/continuum)

9:15-9:45am

Adaptations and Special Conditions (lecture)

- Arthritis/ Chronic Pain
- Cancer
- Hemiplegia

- Joint Replacement

9:45-10:00am

Break

10:00-10:45am

Therapeutic Entrainment (lecture)

10:45-11:30am

Small Group Practice Break Out (lab)

- Seated/Standing
- All components
- Sensing Hands/Balance
- Feedback Model

11:30-12:00pm

RQTC Principles Applications (lab/lecture)

12:00-1:00pm

Lunch

1:00-1:30pm

Designing and Leading Successful QPH Programs (lecture)

- Organizing the components
- Appropriate progressions
- Coding/documentation

1:30-2:30pm

Complete QPH Flow: Part 1&2 (lab)

- All Components
- Self-Massage Continuum

2:30-2:45pm

Break

2:45-3:30pm

Small Group Practice Break Out (lab)

- Seated/Standing
- Sensing Hands/Balance
- All components
- Feedback Model

3:30-4:30pm

Group Practicum (lab)

- Seated/Standing
- Integrate all components

4:30-5:00pm

Qigong for Pulmonary Health Support (lecture)

- Home Exercise Programs
- Individual vs. Group
- Course Wrap Up